



# St Rose St Mary's School

## Health and Wellness Policy

The administrators, faculty and staff at St. Rose St. Mary's School (SSRM), believe that students are our most precious resource and we are dedicated to creating the ideal conditions for learning to occur. SSRM recognizes that student health has a direct impact on quality of life as well as academic performance. We strive to educate students about making healthy lifestyle choices which can be carried into and enrich their adult lives. In an effort to help each student achieve optimum physical, social and intellectual growth. SSRM is committed to providing an educational environment that promotes student wellness through regular physical activity and proper nutrition.

### **Nutrition Education**

SSRM's goal is to provide nutrition education that will teach, encourage, and support healthy behaviors. It therefore follows the Wisconsin Nutrition Education Standards. This is achieved within the school day and by connecting school-to-home healthy behaviors.

### **Nutrition Promotion**

SSRM promotes a healthy school by supporting wellness, good nutrition and regular physical activity as part of the total learning environment. SSRM Nutrition Promotion is consistent with the Green Bay Diocesan, and the USDA techniques to encourage healthy food choices, introduce a variety of physical activities, motivate by utilizing non-food item rewards along with improving our lunchroom environment.

### **Nutrition Guidelines**

SSRM Food Service participates in the National School Lunch Program (NSLP), and all menus meet or exceed nutrition standards established by the USDA. SSRM lunch personnel provide healthy, quality school meals, and aim to offer a variety of options that are both nutritious and appealing to students.

### **Lunch Nutrition and Environment**

The school meal program will follow the NSLP Nutrition Standards. The school meal program will meet the requirements of the Healthy, Hunger Free Kids Act, by increasing the availability of fruits, vegetables, whole grains, and fat-free and low-fat milk. In addition, the amount of sodium, saturated fat, and trans fat in meals will be reduced. The lunchroom environment will provide adequate space and time for meals. Students should have a minimum of 20 minutes to eat, after being seated.

## **Classroom Environment**

- Bubblers are available and students are encouraged to bring water bottles to school
- Parents sending birthday treats should keep nutrition and portion sizes appropriate.
- Treats and birthday snacks should be served either at the end of the instructional day, or in place of a regularly scheduled snack time.

## **General Standards**

Entrees, snacks, and sides must meet one of the following:

- Be a whole grain-rich product
- Have a fruit, vegetable, dairy product, or protein food (meat, beans, poultry, etc.) as the first ingredient

## **Candy Sales**

- Candy will not be sold or distributed before school or during the school day. Candy sales may begin after school.
- Student organizations fundraisers involving candy must get approval from the principal. Limited exceptions can be made for sale during the school day.
- Candy is defined as any item that has sugar (including brown sugar, corn sweetener, corn syrup, fructose, glucose, dextrose, high fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, table sugar, sucrose, or syrup) listed as one of the first two ingredients.

## **Physical Education**

All students in grades PreK - 8 will receive the benefits of a quality physical education program aimed to develop motor skill, improve physical fitness, self-discipline, stress reduction, and increased self-confidence by a physical education teacher. Physical education instructional strategies and other practice should meet the diverse needs and interest of all students, and provide the students with opportunities to increase physical activity and acquire the skills and knowledge needed to establish and sustain an active lifestyle. The school has a scheduled recess time for all students. Our students also have the availability to participate with other school's sport programs within our school district.